

## TIMETABLE 2021

PRIVATE HEALTH REBATES AVAILABLE | BOOKINGS ARE ESSENTIAL!

MON	TUE	WED	THU	FRI	SAT
STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM
	PD 8:15 AM			STRENGTH & MOBILITY 7:30 AM	ADVANCED STRENGTH & MOBILITY 8:15 AM
					LET'S GET FUNCTIONAL 9:00 AM
SENIOR HEALTH & FITNESS 12:30 PM	ALL ABOUT BALANCE 12:30 PM	SENIOR HEALTH & FITNESS 12:30 PM	ALL ABOUT BALANCE 12:30 PM	SENIOR HEALTH & FITNESS 12:30 PM	
	LET'S GET FUNCTIONAL 4.30 PM		LET'S GET FUNCTIONAL 4.30 PM		
STRENGTH & MOBILITY 5:15 PM	STRENGTH & MOBILITY 5:15 PM	STRENGTH & MOBILITY 5:15 PM	STRENGTH & MOBILITY 5:15 PM		
	CIRCUIT 6:00 PM		STRENGTH & MOBILITY (DOCTORS' EDITION) 6:00 PM		

STRENGTH & MOBILITY	45-minute low impact session building on core strength and control, and flexibility
ADVANCED STRENGTH & MOBILITY	45-minute low impact session building on more challenging exercise for core strength and control, and flexibility
SENIORS HEALTH AND FITNESS	45-minute class especially designed for 50+ years of age consisting of individualised programs to achieving personal goals
ALL ABOUT BALANCE	45-minute session consisting of a fun circuit style class working on strength and balance
LET'S GET FUNCTIONAL	45-minute class consisting of individualised programs to achieving personal goals
CIRCUIT	45-minute higher intensity session consisting of challenging functional exercises
PD	45-minute session design for people diagnosed with Parkinson's Disease

**BOOKINGS 07 4724 0768**

Follow Us on



/physionorthtownsville



/physionorth

# Everything you need to know...

## Strength and Mobility Group

**45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session**

This group is designed for our beginners and is capped at 6 people per group. It is our most popular group, so bookings are essential. With tailored exercises designed by our physiotherapists and exercise physiologist, your injuries and concerns will be well looked after. This group is a low impact session building on core strength and control, and flexibility. After 30 mins of our strength exercises, you will enjoy 15 mins of stretching and rolling.

## Senior's Health and Fitness Group

**45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session**

The seniors exercise group is designed for the over 50's who want more appropriate exercises and advice for their goals, taking into consideration current injuries and conditions. It is a small supportive group that promotes healthy lifestyle and works to improve general fitness, muscular strength, and joint mobility. This group is also capped at 6 people.

## Advanced Strength and Mobility Class

**45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session**

Advanced Strength and Mobility class is for our patients who want more of a challenge. The sessions are still tailored around your needs while providing more advanced exercises. Advanced Strength and Mobility class is capped at 8 people per class.

## Circuit Class

**45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session**

The circuit class is designed to be for our patients who are looking for a higher intensity workout. This class will consist of strength, cardio and functional exercises. It is the perfect class to start challenging yourself in a safe environment. Circuit class is capped at 8 people per class.

## Let's get Functional Class

**45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session**

Let's get functional is for all ages who are looking for individualised and appropriate exercises and advice for their goals, taking into consideration current injuries and conditions. With a strong focus on improving general fitness, muscular strength, balance and joint mobility. This group is capped at 6 people.

## All about Balance Class

**45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session**

All about balance is a class designed for those who are seeking help and guidance with their balance. This will consist of a fun circuit style class working on strength and balance. All about balance is capped at 8 people per class.

## PD Group

**45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session**

PD group is an exercise class specifically designed to help individuals with Parkinson's disease move better. The exercises encourage large amplitude and powerful movements as well as challenging strength and balance. This group is capped at 5 people.

## Why choose our packs?

- Only \$25 per session
- Your spot will be guaranteed! You can book all the sessions you would like to attend as soon as you purchase the pack
- Easier for you to claim your private health with one invoice
- Encouragement for you to exercise regularly!

**All group and class bookings require prepayment.**

**Additional discounts do not apply to group and class prices.**

**Cancellation Policy:** Please inform us at least **24 hours** before the session if you cannot attend. We will rebook your session if there is a place in another group. If you do not inform us or do not attend the session, we will charge you the full fee for the session. It will either be taken from your pack or your prepayment will be used. 4-session pack has 1-month expiry. 10-session pack has 3-month expiry.

Please note that groups have a limited number of participants and **bookings are essential**. If you cancel the booking another person can take your spot in that group.